

Health and Wellbeing Board Meeting

2:00 – 3:30 pm

Wednesday 10th February 2021

Via Zoom

Minutes

Present	Gareth Stratton (GS) (Chair), Heidi Smith (HS), Elizabeth Stratton (ES), Minkesh Sood (MS) Students Union, Joanne Berry (JB), Kevin Child (KC), Sian Jones (SJ), Louise Nowell (LN), Greg Ducie (GD), Alison Trace (AT, Lisa Leibowitz (LL) Students Union, Mike Day (MD)
Apologies	Sian Cushion (SC), Julia Pridmore (JP), Jacqui Bowen (JB), Elaine Richards (ER), Sarah Jones (SJ), Martyn Lewis (ML), Amanda Williams (AW), Ffion Davies (FD) Students Union, Catherine Jenkins (CJ) Ann John (AJ)

Ref:	Action	
10.02.2021.1	1. Check-in (ES)	GS welcomed the HWB members and asked if anyone had any mini wellbeing stories to share with the board.
10.02.2021.2	1. Minutes of meeting (GS) 2. Actions	The minutes from the meeting held on 16th December 2020, were approved by the board members and the actions log was updated.
Updates 10.02.2021.3	Whole University Health and Wellbeing Update (All) <i>SU strategic communication and sector wide activity/updates/opportunities/issues.</i> 1. COVID.	<p>LN updated the board regarding covid, that we are currently working under very tight welsh government restrictions. There are exemptions for learning and teaching, but they don't extend to wellbeing, welfare, social activity, or even study, students are required to study in isolation. There have been a few issues raised with students that are currently on campus, that need a bit more social activity. Some of the operational managers from the faculties are working on what can be provided from a wellbeing and welfare point of view, even if it is a touching base study session, linked to learning and teaching. The sage report issued just before Christmas, talked about the new variant virus and it focused on ventilation, cleaning and hygiene, the use of face coverings, and the 2-meter social distance. The covid arrangements at SU for learning and teaching and offices are based on the 2-meter social distance. LFD testing is being carried out for students that are returning to campus, the uptake is very low. SU are looking at piloting, along with Welsh Government a new form of testing and the initial pilot will involve the medical school students.</p> <p>KC updated that public health has reported back, that they are content with the quarantine arrangements, that are in place for overseas students in student accommodation. There are no special measures for students coming in from new variant countries. The position on retesting currently, is the HSC are saying no, this is the welsh government position.</p>

	<p>2. HEFCW Strategy Implementation and UUK self-assessment. University Wellbeing Objectives 1-8 (Documents attached) (ES)</p>	<p>LS provided an update on the implementation plan/strategy which has gone to HEFCW and has been signed off by the VC. The next stage is to recruit a small team of central health and wellbeing staff members, fixed term for a year initially. There will also be a staff member recruited to focus on the research, data and insight area of this project. The primary focus will be on staff wellbeing, particularly on staff that support students. As part of the implementation plan, HEFCW have requested an initial benchmark assessment, which is part of the UUK Step Change Mentally Health Universities tool. UUK self-assessment meetings have been held to complete the initial benchmark assessment. This is a working document and will be used to review, going forward with the project. The four areas are learn, support, work and live and within that are subdomains and there are also enablers around information, leadership, working with the NHS partners and transitions. The focus will be on how to map the four pillars of the HWB strategy, provide, promote, proven and prevent onto the benchmark assessment. Once the basic self-assessment has been completed and submitted to HEFCW, this will be a working tool to review and inform.</p>
	<p>3. CONNECT (ES)</p>	<p>Connect is now live, it is a collaboration between Trinity and FE Partners, targeting students who are vulnerable or socially isolated and it is a peer support programme. The connect website has been launched and students can sign up and ask for support, and it is all peer support with another student. There are about 70 student volunteers on the site from across the two institutions. The student profiles are on there, so a student seeking support can log on and scroll through the profiles and arrange a virtual meeting with a connector. This has now been included in the triage form for the wellbeing service. The connect programme is also looking for staff connectors, training them in mental health first aid and giving them some skills to manage their own wellbeing, but also support students and staff as well. It is a basic training in boundaries, it is two three hours webinars for mental health first aid. There is a targeted approach and frontline staff, that have contact with students daily will be approached initially. SU has this funding secured for this training for at least another year. The other part of connect is that HEFCW have asked SU to provide a plan of how this training, could become an all Wales initiative. Therefore, how every welsh university would run a connect programme. SU are having discussions with Glyndwr and the University of South Wales, as they have shown interest.</p>

	<p>4. Advanced Scheduling (GS)</p>	<p>GS thanked Greg Ducie, Head of Estates and Facilities for joining the HWB. If there are items within your area that need decisions/discussions by the HWB, please email Gareth/Debbie to let us know in advance of the scheduled HWB meetings.</p>
<p>Items for discussion 10.02.21.4</p>		
	<p>1. Animals on Campus (LN/AT)</p>	<p>LN shared the first draft of the Animals on University Campus document with the board, written by Alison Trace. This is the first attempt by the health and safety team, alongside the disability team, to try and get some formal arrangements in place for animals on campus. This is the first consultation of this document and we are looking for feedback on this. There are currently no guidelines, boundaries or policy, regarding animals on campus. Alison has done a huge amount of benchmarking on other Universities and most of them deal with assistance dogs. The majority do not really deal with any other animals on campus other than assistance dogs. This document outlines what is possible, but with boundaries set and incorporated animal welfare in the decision making, as well as health and safety and legal requirements. There is a space within the document for a piece on wellbeing and how it can promote and support the use of animals on campus and formalise it via the HWB. The four main areas looked at assistance dogs and they are fully supported on campus, but there is further work to be done around this area. Animal assisted intervention has been looked at and this is split into three main areas, education where dogs are brought in, reading programmes and how dogs can be used in education. These programmes exist already and are run in a managed way and are risk assessed and authorised. There is a section on therapy dogs in the university, but there is a question mark over whether we would use therapy dogs in the university, quite often they are individual therapy sessions that are prescribed and run by professionals and they are prescribed therapies for an individual condition. There are activities, animal assisted activity and we do stray into these areas. It would be useful through the HWB to look outside of this meeting, to look at what we currently do from an animal assistance perspective and how this policy would fit into this. One of the most complicated areas, is related to emotional support animals. They do not come with the same licensing requirements or registrations and don't have the same training. Emotional support animals are usually recommended by a health practitioner, but that is not always the case and it generally is somebody's pet, who is providing emotional support for the individual. It is very, very difficult, as there have been several queries in student services, asking if they can bring their emotional support animal onto campus and can it live in</p>

	<p>2. Terms of refence of the Health and Wellbeing Board (GS) What impact does the Health and Wellbeing Board want to have?</p>	<p>residences. They do not have the same legal status in the UK as assistance dogs. There are several risks, around bringing them to campus, which have been outlined in the policy. The recommendation made in the policy suggests that SU does not allow assistance animals onto campus. But this is open for discussion and there are several risks identified why the recommendation has been made. The last area is pets, several people were brining pets onto campus. The recommendation is that pets are not allowed on campus, unless it is through an authorised activity.</p> <p>Action: Volunteers for the consultation group for animals on campus from members of the Health and Wellbeing board.</p> <p>Action: Provide a short-considered response with suggestions from the Health and Wellbeing board/Student Union.</p> <p>The HWB had a discussion regarding communicating the strategy and implementation plan to the University staff and students and communicating the HWB actions/update to SLT.</p> <p>Action: Provide a summary/update of what is happening in the Health and Wellbeing board to SLT.</p>
<p>10.02.2021.5</p>	<p>1. Pulse Survey 2 Initial findings (GS)</p>	<p>GS shared the results summary, from the second pulse survey with the board. The overall wellbeing scores in the follow up survey are very similar to that in July 2020. This is something that is very relevant and highlights the need for the HWB to continue investing in wellbeing services and initiatives for staff.</p> <p>Overall the follow up survey portrays a similar picture to the issues identified in July 2020. The challenges we all face remain; balancing work and home commitments, social isolation and for those working from home, physical workspace. Similarly, the positive points around line Management and communications remains apparent.</p> <p>The emerging themes are; the importance of feeling that you are valued, and for those attending campus the importance of Social Distancing and PPE.</p> <p>An all staff email will be sent out, outlining the pulse survey results in the next couple of weeks. There will probably be a further pulse survey in the next 3 to 6 months.</p>
	<p>AOB</p>	<p>The policy on Smoking on Campus will be considered at the next board meeting and distributed to the board for feedback/comments prior to the next meeting.</p>

10.02.2021.6	Date of next meeting	21/04/21 – 10:30am – 12pm via zoom
--------------	----------------------	------------------------------------